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Wonderful Summer in our part of the province. Lots of sunshine, just enough rain, cool breezes, fresh air, the smoky haze has blown away and things are growing well, especially the weeds and there aren't that many mosquitoes. But there is something sinister lurking at our farm.



I purchased 10 adorable ducklings in early June and once they were big enough we released them to the dugout. They took to the water...well, like ducks. One morning there were only nine little ducks swimming on the pond. The next morning there were eight little



ducks swimming on the pond. Not a feather or bone left as evidence. The next morning there were six, then five. At last count there was a pair. Whether it comes by land, air or sea, we need to find out who the duck thief could be before we run out of ducks.

We have an abundance of beautiful **lettuce** for you but the gloriously hot weekend ahead is devastating to lettuce by making it bolt so you are getting a good supply in this tub. The greenhouse is producing some beautiful large **tomatoes**. The first crop is always the largest and we are sharing them with you to enjoy in your salads. There will be one in your tub. These tomatoes are also excellent for a BLT sandwich. They are at varying stages of ripeness and are best enjoyed when they are fully ripe. you may want to set them aside until they get red



enough. Whatever you do, don't put them in the fridge. The cold temperature will turn the sugar into starch and they will lose their flavour.

**Basil** always pairs well with tomatoes and a vegetarian BLT, to us, is basil, lettuce tomato. Basil will turn black in the fridge. If you store it in a glass of water on a sunny windowsill, it will root and you can pot it up for a continuous supply.



Another herb that can be added to your salad, is **parsley**. Parsley is really high in nutrients, notably Vitamin C and Vitamin A. It is especially high in Vitamin K. This vitamin is strongly tied to heart health and healthy bones. Since parsley is typically served as one sprig on the dinner plate we tend to think that is a good serving size. Not even close! For maximum health benefits, half your salad could be made up of parsley and you will get some in your tub every week.



